

Key rules & safety

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- ▶ Tolerance and respect are mandatory.
- ▶ Full engagement in the activities is expected and required.
- ▶ Participants will always have to follow the venue's rules.

Safety measures

- ▶ Always having a first aid kit available.
- ▶ Avoiding activities in unfavourable or extreme conditions, such as very cold or hot weather or in dangerous places.
- ▶ Making sure that all the necessary security measures have been taken before the activity.